



1

Sport Science

Planning for Performance

How the application of key principles of training can improve practice and training program design, resulting in both improved fitness levels and performances.

or

Strategies for Effective Fitness Testing

How to implement a fitness testing program that yields both valuable and useful information about your athletes' progress.

2

Sport Psychology

Psychology of quality training

Including how to use mental preparation to maximize practice performance.

Major Games Prep

Including how to work with athletes to maximize potential at a multi-sport games or major competition.

Effective coaching

Including how to use mental preparation to maximize your performance as a person and coach.

3

Sport Nutrition

Food and Fluid - Timing Matters

Pre-Comp/Training-Recovery Nutrition

Eliminating Carbohydrate & Protein Confusion

Hydration: the difference between success and failure

Sport Supplement Myths vs. Facts

Energy drinks vs. Sports drinks

Protein powders, Vitamins/minerals

How to Develop a Sport Nutrition Plan

Creating Behavior Change

4

Strength & Conditioning

Speed and Agility Training

Strategies to improve speed and agility in athletes.

teaching Olympic Lifts

Teaching progressions and technical points for the Olympic lifts.

Periodization

How to structure your training plan around your competitive schedule. Organizing an individual training session.

To book your speaker or for more info contact: (204)474-6645 or info@cscm.ca